

What Is My Child Learning?

Unit Themes

Your child is learning how to set and work toward a goal. Fourth graders practice goal-setting and planning as a class. First, they select a goal that is specific, challenging, and doable. For example, they may set a goal to organize some part of the classroom and keep it tidy for two weeks. Next, fourth graders make a plan that includes actions they'll take, any materials they'll need, and what they'll do if they need help. Students learn how to adjust their plan as needed, and they reflect on their experience so they can do even better the next time they set a goal.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Have greater self-reliance**
- **Build stronger relationships**
- **Develop increased empathy**
- **Be better problem-solvers**



Practice at Home

What to Look For

Notice and praise your child when they set a short-term goal for themselves that's challenging but doable—it's not too easy or too hard for your child to accomplish within a few weeks, and they have the materials they need to do it. You can say, **Setting a goal is a great way to stay focused and achieve something that's important to you.**

Try This!

Discuss: Ask your child questions about their class goal, **What is your goal? How will your class know when they've reached it?** Help your child see that setting a goal can help them go beyond just thinking about something and motivate them to make a plan for it. You can offer examples of goals you've set, such as learning to make a new recipe or saving money for something special.

Practice: Help your child practice identifying and overcoming roadblocks—a thing that gets in the way of achieving something they want. For example, if your child's frustrated while playing a video game, help them think about the problem by asking questions such as, **What's your goal? What's the roadblock? What are the things you could change?**